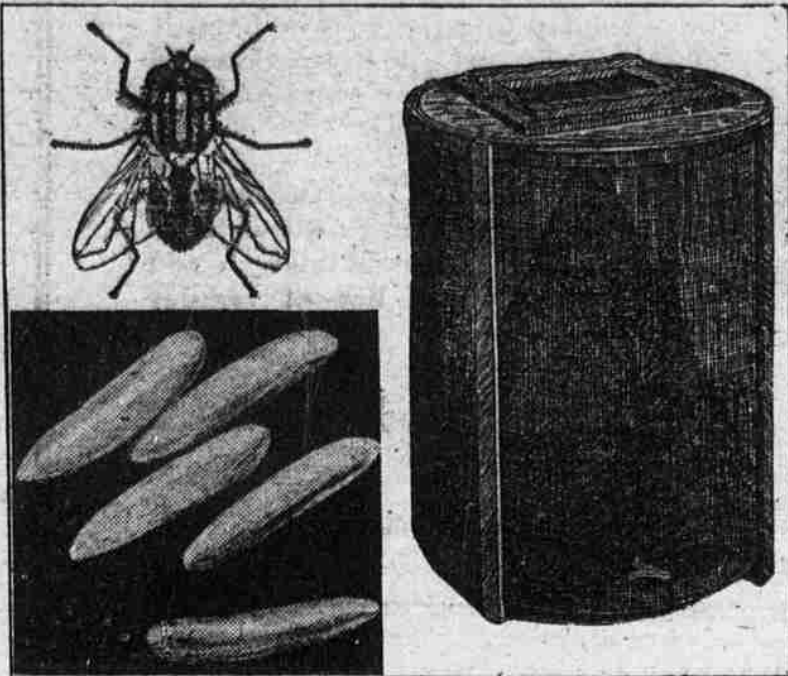


# The Housewife and the War

(Special Information Service, United States Department of Agriculture.)

## NO CLOSED SEASON IN FLY HUNTING



The Picture Shows the House Fly, Enlarged; Eggs of the House Fly, Highly Magnified; and an Efficient Conical Hoop Fly Trap That Can Be Made at Home.

## DEAD FLIES ARE ONLY GOOD FLIES

Swatting in Summer May Prevent Abundant Reproduction Before Cold Weather.

## IS VERITABLE "GERM-HUN"

Screening and Use of Papers, Poisons and Traps Are Good Only as Temporary Expedients—Use of Formalin Is Favored.

Every fly that this year contaminates and destroys food or spreads illness is an enemy of America in even greater degree than in the past. As a fly hunter, alluding to the tendency of the insect to spread disease, expressed it recently, the fly is a veritable "Germ-Hun." Every fly destroyed means a contribution, be it ever so slight, to the cause of America efficient.

The best time to swat the fly, of course, is early in the breeding season, before the young ones have become grandparents. Flies killed in the spring prevent hordes later on. But it is a never-ending battle, and in late July and early August vigilance becomes more than ever necessary. Work to kill flies even at this time may prevent abundant reproduction before cold weather. In fact, there is no closed season in hunting flies. A swat in any day of the year is a meritorious swat, and even a fly buzzing around a window-pane in midwinter should be regarded as legitimate prey.

### Controlling the Fly.

Careful screening of windows and doors during the summer months does not decrease the number of flies, but at least it lessens the danger of contamination of food. This applies not only to homes, but with equal force to stores, restaurants, bakeries, dairies, and every other place where food is handled. Use of sticky fly papers to destroy flies that have gained access to houses also is well-known, and fly-poison preparations are common.

Many of the commercial fly poisons contain arsenic, and their use in the household is attended by considerable danger, especially to children. This danger, according to specialists of the United States department of agriculture, is lessened by the use of a weak solution of formalin. An effective fly poison is made by adding three teaspoonfuls of the commercial formalin to a pint of milk or water sweetened with a little brown sugar.

Flytraps may be used to advantage. Their use has been advocated not only because of immediate results, but because of the chances that the flies may be caught before they lay their first batch of eggs, thus reducing the numbers of future generations. Many types of fly traps are on the market, and as a rule the larger ones are effective. The United States department of agriculture on request will send directions for making flytraps, not only for household use, but for catching flies and destroying eggs around stables and other breeding places.

Fly papers, poisons and traps at best are only temporary expedients. The most logical method of abating the fly nuisance is the elimination or treatment of all breeding places. It would appear, specialists say, from what is known of the life history and habits of the common house fly that it is perfectly feasible for cities and towns to reduce the numbers of these annoying and dangerous insects so greatly as to render them of comparatively slight account. Following are some recommendations of entomologists who have studied the subject thoroughly:

Water-tight floors in stables, of concrete or masonry, prevent egg development.

Horse manure should be kept in fly-tight pits or bins, equipped wherever possible with flytraps. Manure should be removed frequently, not less frequently than twice a week during the summer months.

In rural and suburban districts stable manure should be removed every morning and hauled out at once and spread rather thinly on the fields, not only to prevent development of fly eggs, but to get the maximum fertilizing value.

Treatment of manure with chemical substances to kill the eggs and maggots of the house fly has been found effective in experiments by the department of agriculture, which has publications for free distribution describing in detail this and other methods of destroying flies, their eggs and maggots.

Not only horse stables but chicken yards, piggeries and garbage receptacles as well must be guarded. In cities, with better methods of garbage disposal and with the lessening of the number of horses and stables with the increase of street railways and automobiles, the time may not be far away, according to department specialists, when window screens may be discarded.

## COSTLY FOODS ARE NOT ALWAYS BEST

The nutritive value of an article of food and its price seldom have any relation to each other. An expensive cut of beef is not necessarily any more sustaining than a cheap one. It usually tastes better or can be cooked by easier methods. But care in cooking and seasoning will make inexpensive meats attractive and much better than costly ones poorly prepared.

With fruits and vegetables the price is often determined by the season. A vegetable out of season is much more expensive than one in season, but it is no more nutritive.

### Barley Saves Wheat.

Not many years ago barley was used more extensively than wheat for bread making in many European countries. Now it is coming into American favor as a wheat substitute.

Barley flour is very satisfactory for hot breads. Try this recipe, tested by government specialists, for barley drop biscuits:

2 cupsfuls barley 1 cupful of milk.  
flour. 4 tablespoonfuls fat.  
1½ teaspoonfuls of 8 teaspoonfuls baking powder.  
Baked in a sheet this makes a good shortcake.

## ADVANCEMENT IN WESTERN CANADA FARM LAND PRICES

Stories of phenomenal advancement and prosperity in Western Canada have been told the reading public for some years past. The stories were told when there were hundreds of thousands of acres of splendid land adjacent to railways and projected lines, which could be had on the payment of a mere \$10 entry fee, and under cultivation and living conditions. As was prophesied then, the day has come when these are few. There are still available thousands of these; they are some distance now from the railways. The land is as good as ever, but pioneering conditions will have changed. A great many are still taking advantage of this free offer from the government. The story was told when good lands near lines of railway could be bought for from \$8 to \$10 per acre and the prophecy made that these prices would double in a few years, for the intrinsic value was far more than that. That day has come more quickly than expected. The immense crops of grain that could be raised has brought about the change, and the demand for low priced lands with maximum returns has prompted the keep purchaser as well as the owner of higher priced land from which no greater return could be looked for. Prices of land in Western Canada are still advancing, and will continue to advance until, of course, the limit is reached—when returns will warrant no further increase. That day is not far distant. But, in the meantime, there are large tracts of land owned by land companies and private individuals that have not felt the advance that has been shown in other districts. The opportunity to purchase these should not be lost sight of, and if there are those amongst the readers of this article, which is authorized by the Canadian government, who wish cheap land, such lands as produce from 25 to 40 bushels per acre, and will pay for themselves out of one year's crop, advantage should be taken of the present opportunity.

Coming to Alberta with his family thirteen years ago, his assets consisting of a small outfit and \$20 in cash, Mr. O. F. Malmberg has accumulated by farming and live stock raising assets to the value of more than \$300,000, and has a personal credit, worth on demand, \$100,000. He has not speculated in land, but bought only to farm. Near Blackie, Alberta, he operates 3,100 acres of wheat land. He has just purchased an additional 11,500 acres near Cardston, in Southern Alberta. His personal credit enabled him to finance this deal in Calgary in a little over three hours. The ranch just purchased is a fully equipped stock and grain ranch. At the present time it carries a thousand head of cattle and several hundred horses, and is fully equipped with buildings, machinery, corrals, sheep sheds, dipping vats, etc. That is a story from one district. Let us select one from a district some hundred or more miles from that.

Peter A. Klassen, who recently moved to Herbert, Sask., from Kansas, has purchased a section of prairie land

in the Hillsboro district, about 24 miles northwest of Herbert, for which he paid \$12,000 cash. He is erecting temporary buildings to live in while putting the place in cultivation, and, this summer plans to erect good buildings on the farm and equip it for a home. Mr. Klassen recently sold his 80-acre farm in Kansas for \$15,000 and is investing the proceeds in Canada.

With the proceeds of the sale of his land in Kansas, this farmer purchased in Saskatchewan a piece eight times as large as he had previously been farming, and had a balance with which to purchase equipment, stock, etc., of \$3,000. Moreover as land in Saskatchewan may be expected to yield twice as much grain per acre, he will be able to produce sixteen times as much as formerly.

The average value of farm land for the whole of Canada, including land improved and unimproved, together with dwelling houses, barns, stables and other farm buildings, is approximately \$44 per acre as compared with \$41 in 1916, according to the latest report of the Census and Statistics branch at Ottawa. The average value of land in the Prairie Provinces is as follows:

Manitoba .....	\$31.00
Saskatchewan .....	26.00

Alberta ..... 26.70

It is the low prices at which land can be obtained in Western Canada which is rendering this country such an important factor in the production of foodstuffs at the present time. It is enabling men who have been farming small areas in older districts to take up and farm with the same capital areas not only many times as great, but which are also capable of producing considerably larger crops to the acre.—Advertisement.

Act well for the moment and you have done well for all time.

## FRECKLES

Now is the Time to Get Rid of These Ugly Spots

There's no longer the slightest need of feeling ashamed of your freckles, as Othine—double strength—is guaranteed to remove these homely spots.

Simply get an ounce of Othine—double strength—from your druggist, and apply a little of it night and morning and you should soon see that even the worst freckles have begun to disappear, while the lighter ones have vanished entirely. It is seldom that more than one ounce is needed to completely clear the skin and gain a beautiful clear complexion.

Be sure to ask for the double strength Othine, as this is sold under guarantee of money back if it fails to remove freckles.—Adv.

It is proposed to uniform train crews in khaki.

## Save the Babies

INFANT MORTALITY is something frightful. We can hardly realize that of all the children born in civilized countries, twenty-two per cent., or nearly one-quarter, die before they reach one year; thirty-seven per cent., or more than one-third, before they are five, and one-half before they are fifteen!

We do not hesitate to say that a timely use of Castoria would save many of these precious lives. Neither do we hesitate to say that many of these infantile deaths are occasioned by the use of narcotic preparations. Drops, tinctures and soothing syrups sold for children's complaints contain more or less opium or morphine. They are, in considerable quantities, deadly poisons. In any quantity, they stupefy, retard circulation and lead to congestions, sickness, death. There can be no danger in the use of Castoria if it bears the signature of Chas. H. Fletcher as it contains no opiates or narcotics of any kind.

Genuine Castoria always bears the signature of *Chas. H. Fletcher*

## Hot Weather Hits Us Hardest in Stomach

Keep a close watch on your stomach this summer. We need all our fighting strength. War work—change of diet—will make us all easier prey to stomach and bowel trouble than ever before. It is so easy to become overheated on a blazing hot day, especially after eating a hearty meal. And then the excessive heat makes us flood our stomachs with all kinds of cold drinks. That's bad at any time; much worse—even dangerous—when there is the slightest feeling of stomach trouble.

Keep the stomach sweet and cool and free from too much acid—that's about all that is necessary. It's not so much the diet as to keep the poison from starting trouble. You can easily do this if you will just take a tablet or two of EATONIC after your meals.

EATONIC is the wonderful new compound that absorbs the harmful gases and juices and almost instantly drives away stomach misery.

Instead of sudden and painful attacks of indigestion, after you begin using EATONIC you'll forget you have a stomach. And there will be no more heartburn, food repeating, sour stomach, gas pains, or that lumpy, bloated feeling you have so often experienced after eating. Then your appetite—you know how hard it is to satisfy in hot weather—eat one or two EATONIC Tablets a half hour before meals—and you will enjoy the results and feel better in every way.

These are a few reasons why you should start using EATONIC today and fortify your stomach against the chance trouble this summer. It costs only 50c for a big package. Your druggist whom you know and can trust, will promptly refund your money if you are not more than satisfied.

## Tired Nervous Mothers

Should Profit by the Experience of These Two Women



Buffalo, N. Y.—"I am the mother of four children, and for nearly three years I suffered from a female trouble with pains in my back and side, and a general weakness. I had professional attendance most of that time but did not seem to get well. As a last resort I decided to try Lydia E. Pinkham's Vegetable Compound which I had seen advertised in the newspapers, and in two weeks noticed a marked improvement. I continued its use and am now free from pain and able to do all my housework."—Mrs. B. B. ZIELINSKA, 202 Weiss Street, Buffalo, N. Y.

Portland, Ind.—"I had a displacement and suffered so badly from it at times I could not be on my feet at all. I was all run down and so weak I could not do my housework, was nervous and could not lie down at night. I took treatments from a physician but they did not help me. My Aunt recommended Lydia E. Pinkham's Vegetable Compound. I tried it and now I am strong and well again and do my own work and I give Lydia E. Pinkham's Compound the credit."—Mrs. JOSEPHINE KIMBLE, 935 West Race Street, Portland, Ind.

Every Sick Woman Should Try

## LYDIA E. PINKHAM'S VEGETABLE COMPOUND

LYDIA E. PINKHAM MEDICINE CO. LYNN, MASS.